Nutrition and WIC Update
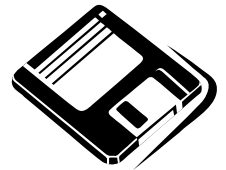
KDHE Web Site—Your Source For Information

Nutrition and WIC Services is moving into a new phase of information sharing by expanding WIC information on the KDHE Web site. The Web site, found at www. kdheks.gov/nws-wic has been redesigned to be the primary resource for Kansas WIC information. The site includes links to a variety of resources including the current Policy and Procedure Manual, the Nutritional Risk Factor Manual, Nutrition Management Guidelines, vendor information, pamphlets and forms, past newsletters and much more.

As we move ahead, more resources including lesson plans, application forms, and memos will be available on the Web site. Be sure to check the Web site regularly for the most up-to-date information to provide quality WIC services.

Changes to KWIC Software
Roger Lewis, KWIC Project Director

Work continues on some of the most annoying problems in KWIC: transfers, measurement history and lost proofs. There are 145 specific problems and improvements included in the new version of KWIC. These changes are being made as part of a three state partnership with New Hampshire (NH) and the Inter Tribal Council of Arizona (ITCA).

NH and ITCA are currently rolling out a version of the new KWIC in their states that does not include all of the KS changes. The KS version of the system should be ready for acceptance testing sometime in January and ready to begin rollout next spring. The other two states are expected to use all of our improvements when completed.

Once the design is finalized in January the remaining details can be estimated:

- The length of the acceptance test and number of staff to do the work.
- The content and delivery method for the training (self instruction likely).
- A schedule for the clinics to be converted to the new KWIC.

Our best guess is that testing will take two months, a one-month pilot will be used to test the training process, and rollout will take three to four months.
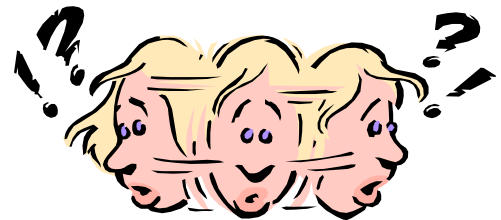
Nutrition Education Committee Begins Again
Pat Dunavan, Nutrition Education Specialist

After a three year break, the Nutrition Education Committee is once more ready to begin its activities. The Nutrition Education Committee consists of four to six local agency and state staff who review existing and new nutrition education materials. The committee makes recommendations regarding the purchase, revision or development of nutrition education pamphlets, lesson plans and other resources. Suggestions are also provided on training needed by local agency staff regarding nutrition education.

If you are interested in serving on the committee and have not yet volunteered, please contact Pat Dunavan at 785-296-0094 or pdunavan@kdhe.state.ks.us.   We hope to have the first meeting of the committee in February.

Which Risk Factors ?
Sandy Perkins, Maternal and Child Nutrition Consultant

Let's continue with the game from the November newsletter. The goal is to see how many risk factors you can identify in the following scenario. Since a computer is not required to play this game, autocalculated risk factors can be ignored.

Anna Harrington

Anna is 15 months old and has just been placed into foster care. The foster care mother states that there is a possibility that Anna was physically abused and she is concerned that Anna doesn't seem to see very well. The foster mother reports that Anna is a very picky eater and just wants to take her bottle, but she has been working on trying to get her to eat some solid foods. According to the food record, yesterday Anna ate two bites of a hamburger, some baby cereal and a jar of baby food vegetables. In addition, she had four bottles of 2 percent milk.

KWIC Solutions
Roger Lewis, KWIC Project Director

Two major problems with the KWIC Central Applications were fixed in the same week in November.

- It was noticed while preparing to install a replacement server that the communications settings were wrong on the current servers. These settings were corrected on November 10 with a one-third reduction in clinic connectivity problems since the change.

- An old, out-of-date security feature was still in use in one county network. Periodically, the network would try to determine the source of all of the KWIC records it was receiving. The state network saw these requests as a threat to the system and prevented all access from that location for a while. This process was stopped and the particular problem no longer occurs.

A major problem in a clinic that has their application running on local equipment was also resolved. The system was overrun with Internet pop-up ads and suspected, unidentified viruses. Network performance was so bad that assistance from the KWIC operations staff could not resolve it. The solution was to bring in expert help to rebuild the server, clean up the PC's, and install a business-grade firewall device. It was expensive, but cheap compared to the ongoing loss of productivity for the four staff in the clinic.

The next big change for the KWIC Central Applications is the installation of four new servers. These replacements are bigger, faster, and all of the other things that we all want for a reliable system. There were seven state-wide Central Application outages in October and November. All were caused by a failing server that was replaced in December.

A few check printers continue to have problems from time to time. The number of problems has gone down with the move back to original manufacturer toner instead of recycled. If you do have problems, call the KWIC help desk or the warranty provider if you have already confirmed that it is a hardware problem. All of these printers have at least one year left on the warranty.

ST9216 printer call Service Net at 1-800-343-4441
ST9325 printer call Source Technologies at 1-800-922-8501

Answers to "Which Risk Factors?"

The following risk factors should be assigned to Anna:

Foster Care
Inappropriate Feeding Practices for Children
Inappropriate Use of Bottles

Since Anna is not yet 2 years old the risk factor Inappropriate Diet should not be assigned.

While it seems like the possibility of previous physical abuse should be a risk factor, you need to remember that risk factors are really nutritional risk factors.

Successful Certified Breastfeeding Educator Program in Garden City

Jane Stueve and Sandy Perkins practice feeding techniques with a doll at CBE training.

Ninety-two people attended the Certified Breastfeeding Educator training in Garden City on October 18-19, 2005. Congratulations to the following WIC staff who attended the training. The State WIC Agency staff would like to thank Southwest Kansas WIC Program for their help in providing this valuable training.

Barber County, Heather Hicklin-Henke
Butler County, Yvonne Gorman
Chautauqua County, Jeanie Beason
Cloud County, Doris Bergstrom
Greeley County, Esmeralda Asebedo
Graham County, Vera Garrison
Hodgeman County, Jenette Barnett
Kiowa County, Lisa Waters
Lane County, Leah Shapland
Finney County, Jody Hammerschmidt, Norma Doerksen, Teesha Reed, Nonie Rocha, Celia Moncada, Shelly Ayon, Monica Roman, Deyna Ontiveros, Crystal Dizmang, Kandi Whetstone, Elda Zapien
Ford County, Twila Helfrich, Martha Olivarez
Meade County, Michele Correll, Connie Byram, Ann Parcel
Phillips County, Shirley Mendoza
Pratt County, Mary Ohl
Scott County, Tamara Wilcoxsen
Seward County, Tiffani Pothuisje, Tonya Joy Warren, Tina Ortiz, Laura Mares
Gray County, Anissa Durham, Rayna Maddox, Rosa Rojas
Sheridan County, Lisa Splattstoesser
Smith County, Kristin Gerstenkorn
Wichita County, Marvel Brandt
KDHE WIC Staff, Patrice Thomsen, Sandy Perkins
KDHE Maternal and Child Health Staff, Jane Stueve, Joseph Kotsch, Brenda Nickel

Local Agency News

Welcome these new WIC employees:

Cherokee County, Teresa Robison, Clerk
Harper County, Mindy Harbert, Clerk
Mitchell County, Kristen Kadel, Clerk
Reno County, Jamie Meitner, RN
Seward County, Dulce Mosqueda, Clerk
Shawnee County:, Teresa Fisher, RN
Wyandotte County, Kendra Spaeth, RD
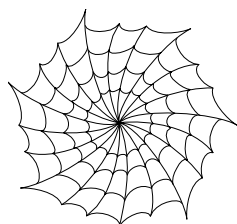Wyandotte County, Juana Esparza, Clerk

Gray County, Eileen Collins, Clerk
Meade County, Melissa Lakoduc, RN
Pratt County, Aleta Gatz, Clerk
Sedgwick County, Melissa Rickard, Clerk
Shawnee County, Martha Conlin, RN
Wyandotte County, Sue Martin, RD
Wyandotte County, Jacqueline West, BFPC

Local Agency News (Continued)

Goodbye to these WIC friends:
Barton County, Zenaida Vasquez, Clerk
Meade County, Barb Johannsen, RN
Shawnee County, Heather Rickel, RN
Shawnee County, Marilyn Robbins, RN
UMUM, CSFP, Debbie Derber, Coordinator

Congratulations to Southwest Kansas WIC employees, Kandi Whetstone, RN who gave birth to a baby girl, Alexus Hope Arwine on October 21, 2005, and Monica Roman, WIC Clerk, who gave birth to Alan Roman Roman on October 10, 2005.

Check This Out!
Pat Dunavan, Nutrition Education Specialist

Nutrition education materials on the Web are becoming more available. Check out these Web sites for new ideas for your nutrition education efforts.

Visit www.oregondairycouncil.org/resources/free_downloads/downloads/score_big_with_breakfast.pdf for a new handout titled Score Big with Breakfast. The two-sided handout is directed to parents and children and encourages children to eat breakfast every day. Quick recipes and ideas are included.

"Color Me Healthy" is a curriculum for preschool children and their families that teaches healthy habits using the concept of colors. Developed by the University of North Carolina, a series of 12 newsletters are available at no-cost for use in WIC clinics. Go to www.colormehealthy.com and click on the newsletter files. Each newsletter includes information on good eating habits, recipes and ideas for physical activity.

Looking for breastfeeding clipart? Go to www.promom.org/images/gallery/clipart/clipartgallery.htm. You will find lots of positive images of mothers and their breastfed infants to use in your nutrition education efforts.

Need to train on the new MyPyramid? Check out http://fycs.ifas.ufl.edu/pyramid/index.htm for the latest PowerPoint presentation from the University of Florida. Overhead slides or flip charts can be made from the PowerPoint slides if educators wish to do so.

Want a new way to present the concepts of the MyPyramid? Check out http://lancaster.unl.edu/food/ftnov-dec05.htm You will find a calendar with 30 steps to using MyPyramid to become a healthier you.

Don't forget that the MyPyramid Web site and materials are now available in Spanish at www.mypyramid.gov/sp-index.html.

Breastfeeding Information for Infants and Children

The Breastfeeding Fields on the custom tab should be completed at the initial certification visit and updated whenever the WIC clinic learns additional information.

For infants, the Breastfeeding fields consist of boxes:
1.   Breastfed
2.   Date BF Stopped
3.   Date Formula/Milk Introduced
4.   Date Solids Introduced

Only the Breastfed and Date BF Stopped boxes are available for children.

There are four options in the Breastfed drop down box. The options are:
1.   Exclusively Breastfed – the infant / child does not receive any infant formula or milk
2.   Stopped Breastfeeding – the infant / child was previously breastfed, but not currently
3.   Never Breastfed – the infant / child was never breastfed
4.   Partially Breastfed – the infant / child receives both breastmilk and either infant formula or milk

The Date BF Stopped field is unavailable (aqua) unless the Breastfed box is set to Stopped Breastfeeding. If the infant / child has stopped breastfeeding, this field should be completed with the date that breastmilk was last received. If the exact date is unknown, estimate the date based upon the stated age at weaning.

The Date Formula/Milk Introduced is unavailable (aqua) if the Breastfed box is set to Exclusively Breastfeeding. If the infant is not exclusively breastfeeding, this field should be completed with the date that either infant formula or milk was first fed to the infant. If the exact date is unknown, estimate the date based upon the stated age. If the infant was exclusively formula fed from birth, the infant's birth date should be entered in this field.

The Date Solids Introduced should be completed with the date the infant was first fed solid foods. If the exact date is unknown, estimate the date based upon the stated age.

You can tell if the breastfeeding field is set to exclusively breastfeeding by the red "Exclusively Breastfeeding" message that appears at the bottom of the print checks tab when the mother's name is highlighted.

Breastfeeding Information for Infants and Children (Continued)

For accurate data and reports, it is important that the Breastfeeding fields are updated as soon as the WIC clinic has additional information. Use an appropriate wizard (either follow up or 2C) to complete this information. Warning – This article is concerned with the accurate completion of the breastfeeding fields and does not discuss Breastfeeding Management issues and referrals. All requests for formula should be immediately referred for review and mother should be encouraged to continue breastfeeding. The KWIC record should also document these contacts and referrals.

If the mother of an Exclusively Breastfed infant requests supplemental formula, the infant's Breastfed status should be changed to Partially Breastfed and the Date Formula/Milk Introduced should be entered.

Once the WIC clinic learns that the infant has been weaned from the breast, the Date BF Stopped should be completed. If the Date BF Stopped field is left blank after the breastfed field is changed to "Stopped Breastfeeding," the infant data will never appear on the clinic's breastfeeding duration reports. This data is also used to determine length of breastfeeding for required federal reporting and Kansas provides incomplete data without completion of this field.

In summary:

- Not completing Breastfeeding fields on the infant's custom tab provides clinics with inaccurate breastfeeding duration reports and forces KS to submit incomplete data nationally.
- Complete the Breastfeeding fields using the Follow Up Wizard as you have additional information about the infant's feeding.
- Refer mothers who are having breastfeeding problems and requesting formula to the breastfeeding expert in the clinic.

Question and Answer

Q: Our agency is confused about how to best track 2C contacts for low-risk nutrition education. How can we tell whether someone should go to the interactive center or see the RN for an individual 2C visit?

A: There are a number of ways that you can track what type of 2C contact a client should be attending. One way is to add a reminder to the Notices tab that indicates what interactive center the person should attend. When the client comes in for their 2C appointment, staff check the Notices tab and direct them to the appropriate contact.

Another way to track who should have an individual 2C contact versus an interactive center is to place the appointments under different staff persons in the appointment book. For instance, if the client will be doing an interactive center or a self-study notebook, the appointment could be placed under the clerk's name. If the client's appointment is for an individual 2C visit with the RN, then the appointment could be placed under that person's name. When the client comes in for the appointment, staff review the appointment book and direct the client to the appropriate staff person.

Bring In The New Year
Brad Iams, WIC Program Consultant

As I sat at my desk thinking of an article to write for this newsletter I started thinking about the New Year 2006. Then I wondered how many people actually know the origin of New Year's Day, because I did not. With a little research I found my topic for this newsletter, so here you go.

New Year's Day is said to be the oldest and also the most universal holiday. The Romans first observed it on January 1st in 153 B.C. When Pope Gregory XIII instituted the Gregorian calendar in 1582, January 1st was set as New Year's Day. This calendar is still in use today. Prior to the Gregorian calendar, many countries celebrated the New Year on April 1st to celebrate the new season. It was celebrated, in many ways, the same as it is today with dancing and parties into the late hours of the night. As New Year's Day was changed a new holiday was born, April Fool's Day.

As the clock strikes midnight on New Year's Eve people cheer, kiss, and sing. Sing? You ask, what do people sing? What are the words to that song? Well you have come to the right place. The title of the song is "Auld Lang Syne," and it means "old long since" or roughly "the good old days." This song was written by Robert Burns in 1788, and it goes like this:

Should auld acquaintance be forgot, and never brought to mind? Should auld acquaintance be forgot, and days of Auld Lang Syne? For Auld Lang Syne, my dear, For Auld Lang Syne; we'll take a cup of kindness yet For Auld Lang Syne. And here's a hand, my trusty friend, and gives a hand o' thine; we'll take a cup of kindness yet for Auld Lang Syne. For Auld Lang Syne, my dear, For Auld Lang Syne; we'll take a cup of kindness yet for Auld Lang Syne.

The old year is typically represented by "Father Time" and an infant represents the New Year. Here's to another year in the WIC program, Happy New Year!